

FROM THE KITCHENS AT HOUMAS HOUSE



CATFISH PROVINCIAL

Ingredients

- 4 (6-8 ounce) catfish fillets
- $\frac{3}{4}$ cup olive oil
- Egg wash (1 egg, 1 cup milk, blended)
- 1 cup flour
- $\frac{1}{4}$ cup julienned andouille sausage
- 1 tbsp minced garlic
- 2 cup diced tomatoes
- 1 ounce rose wine
- 1 cup tomato juice
- $\frac{1}{4}$ cup sliced green onions
- $\frac{1}{4}$ cup chopped parsley
- Pinch fresh basil
- Salt and pepper to taste

Directions

In a heavy bottom saute pan, heat oil over medium high heat. Dip catfish in egg wash and coat generously with flour. Saute fillets in oil until golden brown, approximately three to five minutes on each side. Once cooked, remove and keep warm. In the same saute pan, cook andouille, garlic and tomatoes until vegetables are wilted, approximately three to five minutes. Deglaze with rose wine. Add tomato juice, green onions, parsley, and basil and continue to cook until sauce is slightly thickened. Season to taste using salt and pepper. Place catfish on a plate and top with Provincial sauce.

Note: Serves 4